

How To Lose Fat Fast And Keep It Off

Speedy

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With

this in mind, it is very important to build, or at the very least maintain, your lean muscle mass during a fat loss phase. Each pound of muscle you build requires approximately 35 to 50 calories per day to maintain itself. These extra calories are burned over the course of the entire day, even when you are resting.

By

building just one pound of lean mass, you will burn an additional 12,775 to 18,250 calories per year, while at rest! So if you can add 4 pounds of lean muscle, it will encourage your body to burn an additional 51,100 to 73,000 calories per year, which equates to a loss of 15-21 pounds of body fat. Once you factor in the additional calories being burned during your training sessions, you can see that your fat loss results can be quite remarkable.

So it is clear that we should perform activities that encourage muscle building/maintenance while we avoid doing anything that leads to muscle loss.

In terms of building and maintaining muscle mass, your best bet is to perform resistance training. With a well planned resistance training program, you can burn calories during your workout; but even more notably, you will spark your metabolism to burn calories 24 hours per day, even while you sleep!

Here is how to perform your resistance training to cause a positive metabolic effect:

You will be training three full body workouts per week. These training sessions should be performed on non consecutive days, for example, Monday, Wednesday and Friday. Alternately, you could choose a Tuesday, Thursday, Saturday schedule. Spacing the workouts out in this manner allow for optimal recovery between training sessions.

On top of this, spacing out your workouts every 48 hours ensures that your metabolism will stay elevated all of the time. I have witnessed this for years and finally, scientific studies are actually confirming my findings.

New research has shown that after performing a properly designed full body workout, people's metabolism stay raised for approximately 40 hours. So just when your metabolism starts to come back down to normal, you are ready to shoot it up again with another training session.

From what I've seen, full body training in a multiple station design is the best way to "put a match to" your metabolic rate.

There are many ways of designing full body workouts. Let me show you one that is very simple and particularly effective. Pick 2 exercises for the upper body, 2 exercises for the lower body and 2 direct abdominal exercises.

Without resting in between sets, perform a circuit of all 6 exercises in this order: Upper, lower, ab, upper, lower, ab. At this point take a 90 second rest and repeat this entire sequence twice more.

Here is an example circuit:

- 1a) Inverted Rows x 1<max reps
- 1b) Step Ups x 20 reps each leg
- 1c) Reverse Crunch On Decline x 12-15 reps
- 1d) Incline Push Ups x 1<max reps
- 1e) Split Squats x 12-15 reps each leg
- 1f) Modified V-Sit Up x 12-15 reps

Work hard and see that fat melt right off your body.

[Click here](#) to discover the entire Ripped Abs Program.